COMMUNITY

Page 2 –
NAIAS Auto Show
Going On Now

EL CENTRAL
HISPANIC NEWS

Michigan's #1, Oldest, Largest and Only Bilingual Hispanic News • Free! ¡Gratis! • Vol. 34, #46 • **September 21, 2023**

COMMUNITY

Pages 9 –
¡Viva México! in
Mexicantown, Detroit

1,200 personas gritaron ¡Viva México! en Mexicantown, Detroit

Por Georgina García-Pfeuffer

El 15 de septiembre, 2023, aproximadamente 1,200 personas se congregaron en la Plaza-Mercado Mexicantown para celebrar el 213 aniversario de El Grito de la Independencia de México. El festejo organizado por el Consulado de México en Michigan, fue ambientado tanto con tonos tradicionales de mariachi y bailes folklóricos, como también de rock en español y salsa animaron a los asistentes.

"La celebración del grito de independencia fuera de México es muy importante porque ahí celebramos todo lo que nos hace mexicanos y queremos compartirlo con la comunidad que nos ha recibido con brazos abiertos", comentó el Cónsul general de México en Detroit, Cónsul Roberto Nicolás.

Agregó que este año la celebración creció, contó con más entretenimiento y oferta gastronómica, por lo que agradecen la confianza de la comunidad mexicana y de sus patrocinadores. También, esperan que más gente los acompañen el próximo año.

cont. en la pág. 9

Approximately 1,200 people Shouted ¡Viva México! in Mexicantown, Detroit

By Georgina García-Pfeuffer

About 1,200 people gathered at the Mexicantown Plaza Market on September 15, 2023, to celebrate the 213th anniversary of El Grito-Mexico's independence.The Mexican Consulate in Michigan organized the celebration, which featured traditional tones, mariachi, folkloric dances, rock in Spanish, and salsa music, making attendees sing and dance.

According to Consul General of Mexico in Detroit, Consul Roberto Nicolás, the celebration outside of Mexico is significant because it allows Mexicans to celebrate everything that makes them proud of their heritage, and share it with the community that has received them with open arms.

He also expressed his gratitude for the trust of the Mexican community and sponsors, and hopes that more people will join the celebration next year.

In previous years, El Grito-Mexico's independence festival was held at Holy Redeemer, but this is the second year that it has been held at the Mexicantown Plaza-Mercado, with support from Oakland University, the Mexicantown Community Development Corporation, Ideal Group, CHASS, Verheyden Inc., Ana Motors, among other sponsors. This year, the celebration grew in scale and had more entertainment and gastronomic offerings.

cont. on pg. 9

President Espy inaugurates Hispanic Heritage Month at Wayne State University

By Dr. José Cuello

President Kimberly Andrews Espy joined the Latino Faculty and Staff Association (LFSA) on Wednesday, September 13, 2023 to inaugurate the celebration of Hispanic Heritage Month at Wayne State University.

LFSA brings together Latin faculty and staff to enrichen the cultural diversity of the university.

Members of the Detroit Latin community have met with President Espy at this event and at her oath-taking ceremony on August 22, 2023.

Community service agency leaders will be formally introduced to President Espy at the annual dinner celebrating the 52nd Anniversary of the Center for Latina/o and Latin American Studies (CLLAS) on Friday, September 22, 2023 at El Kiosko in Southwest Detroit.

CLLAS was founded in 1971-72 by an agreement between Latin Americans for Social and Economic Development (LA SED) and Wayne State University. The partnership now includes the Consortium of Hispanic Agencies (CHA) of Detroit.

Over the last half-century, Latin alumni of CLLAS and WSU have remained in Metro Detroit to take leadership roles in service to the community.

CLLAS continues to represent the Latin community inside Wayne State. Currently it is the university's best community of learning for student recruitment, development and graduation.

Per capita, the three senior faculty of CLLAS are the most awarded of any unit in research, teaching and service. The three CLLAS faculty members are Professors José Cuello (Emeritus), Jorge Luis Chinea and Nicole Trujillo-Pagan.

NOTE: Tickets to the CLLAS Anniversary Dinner and Celebration are still available until the day of the event. For more information, call 313-577-4378 or email mmorse@wayne.edu

(L-R) Estenia Gomez Elisevich, Melissa Miranda Morse, Vanessa Reynolds, President Kimberly Andrews Espy, Jorge L. Chinea, Theresa Ramirez-Zipser, Nathan Chavez, Melissa Jimenez

988
LÍNEA DE
PREVENCIÓN
DEL SUICIDIO
Y CRISIS
Si tú o alguien que conoces necesita apoyo, llama al 988 (servicio en español) o envía un texto al 988 o chat vía 988lifeline.org (en inglés).
PEP22-08-03-009

2 **Community**
NAIAS Going On Now

3 **Community**
Vince Murray, Godfather of Stanton Park, Honored

6 **Community**
State's First Historical Marker Honoring Mexican Community to be Placed in Southwest Detroit September 29

8 **Community**
Beyond Fashion: Mexican Indigenous Clothing has become a symbol of Resistance and Identity

9 **Community**
Approximately 1,200 people Shouted ¡Viva México! in Mexicantown, Detroit

10 **Sports**
Seahawks - 37, Lions - 31!!!

13 **Jobs/ Trabajos**

NAIAS Going On Through Sunday

Photos by Adam J. Dewey

The North American International Auto Show (NAIAS) is currently going on at Huntington Place, in Downtown Detroit. Tickets for the Auto Show are; Adults $20, Seniors $12, and Kids $10.Tickets can be purchased by visiting https://www.eventbrite.com/e/detroit-auto-show-public-show-tickets-660583963417

The Auto Show runs through Sunday. The Auto Show is open Monday-Saturday 10:00 am – 8:00 pm, and Sunday 10:00 am – 7:00 pm.

Earlier this year the 2023 North American Car, Truck and Utility Vehicle of the Year™ (NACTOY) award winners were announced, the 2023 Car of the Year is the Acura Integra, the 2023 Truck of the Year is the F-150 Lightning, and the 2023 Utility Vehicle of the Year is the Kia EV6.

Chevy Blazer EV

Chevy Camaro ZL1

Chevy Corvette Z06

Ford Bronco

Ford F-150

GMC Sierra EV Denali

Honda Accord

Rivian R1T

Toyota Tacoma

McClaren Lot

Vince Murray, Godfather of Stanton Park, Honored

Dr. Vince Murray, retired executive director of the Bagley Housing Association from 1995 to 2007, was singled out for a special honor on Saturday, September 16 during the Detroit Month of Design by current community leaders in the Hubbard-Richard neighborhood Tanya Saldivar Ali and her husband Luis Ali, Jessica Trevino and Dan Loacano.

AGI Construction founder and Administrator Saldivar-Ali explained the rationale for bestowing the honor on Murray now. “As the City celebrates Detroit Design Month and the theme, United by Unity, we felt it was important to remind Detroit that we must Design in Unity and honor community leaders that invested in our community before the rest of the world took notice. Vince Murray had a vision to see people come back to Detroit in the 90s. He understood the importance of creating affordable homes for low-income families.”

The impact of Murray’s leadership continues to this day. Saldivar-Ali noted, “Bagley Housing built 65 homes that became seeds of hope that later began to flourish as the Hubbard Richard Community. It's easy to believe and have vision when things are good and there are plenty of resources. It takes a special leader to have vision when no one believes. Vince Murray was a special leader,” Saldivar-Ali said.

Dan Loacano served as the assistant director at Bagley Housing under Murray and reminisced about their time together. “It was an honor and privilege to work for Vince. We were fortunate to be able to provide affordable homeownership opportunities to more than 80 individuals and families. His legacy will never be forgotten,” Loacano said.

In accepting the honor, Murray stated, “Of course I’m proud of the work that Bagley Housing did to help create a revitalized neighborhood in Southwest Detroit. And, let me tell you, the volunteer grounds keeping work that I’ve been doing at Stanton Park since 2009 has been a really good thing for me, body and soul.” In conclusion, he humbly noted, “In once short time span, I went from executive director of Bagley Housing to become the chief volunteer groundskeeper for Stanton Park.”

Dr. Murray remains a humble but accomplished leader to this day.

In Honor of
VINCE MURRAY
for his vision in the development of the Hubbard-Richard community and this garden at Stanton Park
“He who plants a community, plants hope”

A plaque permanently mounted on a rock in the park was unveiled during the program with the following inscription:

In honor of Vince Murray
for his vision in the development of the Hubbard-Richard community and this garden at Stanton Park.
“He who plants a community, plants hope”

SPECIAL, WORLD'S CULTURES
Tables from the Decalogue of Moses

Tables from the Decalogue of Moses

It is common to relate the word Allah to Muslims, however, the word is only a literal translation of the word God, God, which in Arabic is written: الله

For Muslims, the idea of God implies that there is only one who governs the universe, therefore, it is the same one that Christians, Jews and other religions of the world are devoted to, however, their main difference is the habits to approach God. God and manifesting Faith.

In common, these three religions are heirs to the bloodline of Adam, whose remains are found in the Kaaba, located in Saudi Arabia, in the city of Mecca. Let us remember, then, that the Jews are the descendants of Israel, the bloodline from which Jesus was born; while Muhammad is a descendant of Ishmael.

It should be noted that of the three religions, Catholic Christianity descends from Judaism, which is why it includes some of the books and principles of Judaism.

For example, the commandments of the covenant, which were written by Moses during the exodus, when he carried out the covenant of the covenant with Yahweh on Mount Sinai:

The First Commandment: Believe in the existence and providence of God.

The Second Commandment: Do not serve idols.

The Third Commandment: Do not pronounce the Name of God in Vain.

The Fourth Commandment: Observe Shabbat (Saturday) as a day for spiritual pursuits, prayer and reminder that God created the world in six days and rested on the seventh, in the same way.

The Fifth Commandment: Honor Parents.

The Sixth Commandment: Do Not Kill.

The Seventh Commandment: Do Not Commit Adultery.

The Eighth Commandment: Do not kidnap or enslave.

The Ninth Commandment: Do Not Bear False Witness.

The Tenth Commandment: Do Not Attempt to Bring into One's Possession What Belongs to Another.

Which, in Catholic interpretation and practice is:

1. You will love God above all things.
2. You will not use God's name in vain.
3. You will sanctify the holidays.
4. You will honor your father and mother.
5. Thou shalt not kill.
6. You will not commit impure acts.
7. Thou shalt not steal.
8. You will not bear false witness or lie.
9. You will not indulge impure thoughts or desires.
10. You will not covet other people's goods.

Although, it can be seen that by following these commandments, you will reach a life of virtue.

It is important to consider that in Catholicism the five commandments of the Catholic Church are added:

1. Go to mass on Sundays and holy days.
2. Confess mortal sins at least once a year, as well as in danger of death and before taking communion.
3. Communion at Easter.
4. Fast on the days established by the Church, that is: Ash Wednesday and Good Friday.
5. Help the Church with its material needs.

To these commandments, the Catholic Church adds every Friday of the year and Lent as a time of abstinence, charity, piety and penance, that is, time to dedicate oneself to God, this implies that these days are of devotion, dedication and forgetting about itself. Many people during Lent offer to abstain from some inconvenient habit, such as addictions. And some others allocate a part of their salaries to charity.

That although, for Islam, the five pillars or basic norms that every Muslim must comply with are: the profession of faith, prayer, charity, fasting during Ramadan and the pilgrimage to Mecca at least once in the life.

In Judaism, after Easter, comes the festival of unleavened bread that symbolizes the seven days that the Jews were pilgrims in the desert without time to let the bread with the yeast rest.

Tell them you saw it in EL CENTRAL
Diles que lo viste en EL CENTRAL

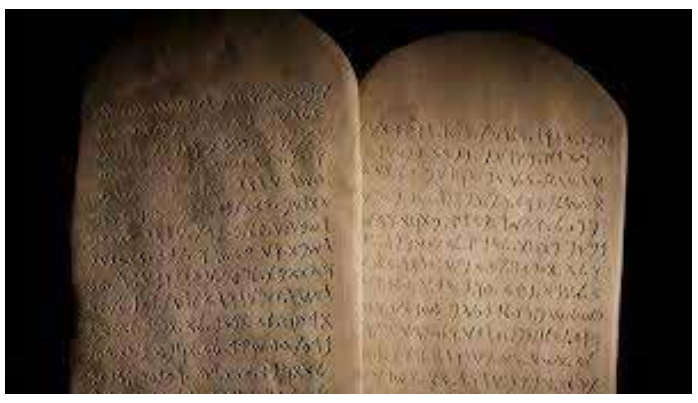
ESPECIAL CULTURAS DEL MUNDO

Tablas del decálogo de Moisés

Tablas del decálogo de Moisés

Es común relacionar la palabra Allah a los musulmanes, sin embargo, la palabra sólo es una traducción literal de la palabra Dios, God, misma que en árabe se escribe: الله

Para los musulmanes la idea de Dios implica que sólo hay uno que gobierna el universo, por lo tanto, es el mismo al que son devotos los cristianos, judíos y otras religiones del mundo, no obstante, su diferencia principal son los hábitos para acercarse a Dios y de manifestar la Fe.



En común, estas tres religiones herederas de la línea sanguínea de Adán, de quien sus restos se encuentran en la Kaaba, ubicada en Arabia Saudita, en la ciudad Mecca. Recordemos, pues que los judíos son los descendientes de Israel, línea sanguínea de la que nació Jesús; mientras que Mahoma es descendiente de Ismael.

Cabe destacar que de las tres religiones, el cristianismo católico desciende del judaísmo, por lo que incluye algunos de los libros y principios de éste.

Por ejemplo, los mandamientos de la alianza, los cuales fueron escritos por Moisés durante el éxodo, cuando llevó a cabo el pacto de la alianza con Yahvé en el monte Sinaí:

El Primer Mandamiento: Creer en la existencia y providencia de Dios.

El Segundo Mandamiento: No servir ídolos.

El Tercer Mandamiento: No pronunciar el Nombre de Dios en Vano.

El Cuarto Mandamiento: Observar el Shabat (sábado) como día para ocupaciones espirituales, plegaria y recordatorio de que Dios creó el mundo en seis días y en el séptimo descansó, de la misma manera.

El Quinto Mandamiento: Honrar a los Padres.

El Sexto Mandamiento: No Matar.

El Séptimo Mandamiento: No Cometer Adulterio.

El Octavo Mandamiento: No secuestrar ni esclavizar.

El Noveno Mandamiento: No Prestar Falso Testimonio.

El Décimo Mandamiento: No Intentar Traer dentro de la Posesión de Uno lo Que Pertenece a Otro.

Que, en la interpretación y práctica católica es:

1. Amarás a Dios sobre todas las cosas.
2. No usarás el nombre de Dios en vano.
3. Santificarás las fiestas.
4. Honrarás a tu padre y a tu madre.
5. No matarás.
6. No cometerás actos impuros.
7. No robarás.
8. No darás falso testimonio ni mentirás.
9. No consentirás pensamientos ni deseos impuros.
10. No codiciarás los bienes ajenos.

Si bien, se puede observar que al seguirse estos mandamientos, se llegará a una vida de virtud.

Es importante considerar que en el catolicismo se le suman los cinco mandamientos de la iglesia católica:

1. Ir a misa los domingos y fiestas de guardar.
2. Confesar los pecados mortales al menos una vez al año, así como en peligro de muerte y antes de comulgar.
3. Comulgar en la pascua de resurrección.
4. Ayunar en los días establecidos por la Iglesia, es decir: el miércoles de ceniza y el viernes santo.
5. Ayudar a la Iglesia en sus necesidades materiales.

A estos mandamientos, la iglesia católica suma todos los viernes del año y la cuaresma como un tiempo de abstinencia, caridad, piedad y penitencia, es decir, tiempo para dedicarse a Dios, esto implica que estos días son de devoción, entrega y olvidarse de sí mismo. Muchas personas durante la cuaresma ofrendan abstenerse de algún hábito inconveniente, como adicciones. Y algunas otras, destinan una parte de sus salarios para caridad.

Que si bien, para el Islam, los cinco pilares o normas básicas que todo musulmán debe cumplir son: la profesión de la fe, la oración, la caridad, el ayuno durante el Ramadán y la peregrinación a la Meca al menos una vez en la vida.

En el judaísmo, posterior a la Pascua, viene la festividad de los panes sin levadura que simbolizan los siete días que los judíos estuvieron peregrinando en el desierto sin tiempo para dejar reposar el pan con la levadura.

Espera nuestro Especial Semanal
CULTURAS LATINOAMERICANAS,
by Mariana Ayón RV

State's First Historical Marker Honoring Mexican Community to be Placed in Southwest Detroit September 29

The first-of-its-kind Michigan historical marker will honor the musical legacy of Tex-Mex migrants in Michigan

The Martin H. Solis Jr. Tejano Association and the Michigan Music Hall of Fame have announced that an official state of Michigan historical marker in Southwest Detroit will be the first in the state to recognize the contributions of a Mexican community to Michigan history. The marker, which will be placed in the Mexicantown Community Development Corporation Plaza on the northeast corner of Bagley and 21st Streets, honors the legacy of Texas-Mexican migration to Michigan and the vibrant musical community that these migrants forged.

"Music draws us together across time, cultures, and geography," said Sandra Clark, director of the Michigan History Center. "It is fitting that the first Michigan Historical Marker to commemorate the Latinx community of Detroit and Michigan should focus on Tejano contributions to the soundscape of Detroit. The Michigan Historical Commission and the Michigan History Center know there are many more stories that need to be told, and we look forward to sharing them in the years to come."

The arrival of Texas-Mexican musical styles in Michigan was a by-product of labor migration to the state, particularly in the decades after World War II. Pockets of migrants in cities and towns across the Lower Peninsula established thriving musical cultures that largely escaped the attention of those outside the community, and that continue to this day. The new historical marker shines a light on the seldom acknowledged history and cultural contributions of Tejanos in Michigan.

"My dad never dreamed that one day his name would be on a historical marker. He just loved to play music," said Frank Solis, president and co-founder of the Martin H. Solis Jr. Tejano Association. "It's truly an honor for the state of Michigan to recognize and celebrate his legacy and the legacy of all of Michigan's Tejano pioneers with this marker."

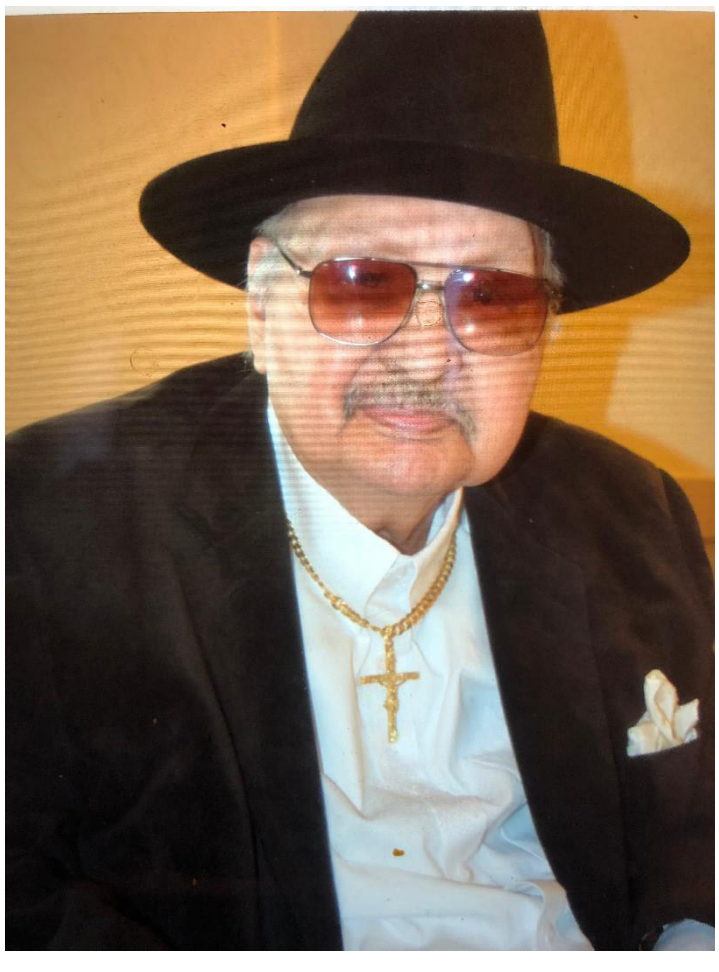
The marker will be unveiled during National Hispanic Heritage Month, which runs from Sept. 15 to Oct. 15. A dedication ceremony will take place at 2 p.m. on Friday, Sept. 29 at 2826 Bagley Street. Live music will be provided by local Tejano band Beto Salazar & Dos Guys. The event is free and open to the public.

The marker is a joint project between the Martin H. Solis Jr. Tejano Association and the Michigan Music Hall of Fame, with support from Third Man Records, the Mexicantown Community Development Corporation, the Hispanic/Latino Commission of Michigan, SCP Radio, and the Julian Samora Research Institute at Michigan State University.

The Martin H. Solis Jr. Association is a non-profit dedicated to preserving the legacy of the Tejano music pioneers in Michigan. Our goal is to ensure that our cultural heritage lives on for future generations, so that our children can carry forward our traditions and keep our community thriving. The association is named in honor of Martin Huron Solis Jr., a bajo sexto player and vocalist who, along with his cousin Willy Huron, in the 1950s formed one of the first conjuntos based in Michigan, Conjunto Los Primos.

The Michigan Music Hall of Fame has been established to store, collect, gather, procure, exhibit, perform, demonstrate, record, celebrate, research, study, publicize, publish and preserve Michigan music and its influences on local, regional, national and international music, art and culture. The Hall of Fame recognizes people involved in all genres to show off Michigan's diverse musical heritage.

Additional information about the historic marker unveiling can be found at www.msolista.org



EL CENTRAL
HISPANIC NEWS

Michigan's #1 oldest, largest and only bi-lingual Hispanic news. Minority (Hispanic) and woman owned • Multi-year winner of Jose Marti National Award for excellence in Editorial and Design. Published in Metro Detroit since 1988.

EL CENTRAL informs and celebrates Metro Detroit's Hispanic and Latino community and Southwest Detroit in particular and supports the professional development of local reporters and photographers who seek to enter the journalism profession.

Eva Garza Dewaelsche - *Publisher/Owner*
Robert Dewaelsche - *Managing Editor*
Dolores Sánchez - *Founder Publisher Emeritus*
Advertising and Sales
Fernando Ramos-Melendez - *Assistant Editor; Graphic Designer*
Raoul Lowery Contreras - *Op Ed*
David Levine - *Sports Writer*
Dan Graschuck - *Sports Editor/ Journalist/ Photographer*
Ozzie Rivera - *Contributing Writer*
Dr. José Cuello - *Contributing Writer*

EL CENTRAL is a weekly publication. The deadline for articles and ads is noon, Monday prior to publication. The opinions and views expressed are not necessarily those of the Publisher or Managing Editor. This publication and each part herein is the property of the Publisher and may not be reproduced in any form without the written permission of the Publisher. All rights reserved.

HISPANIC OWNED MEDIA CERTIFIED BY HACR

4200 W. Vernor • Detroit, MI 48209 • (313) 841-0100
info@elcentralmedia.com • ads@elcentralmedia.com
www.elcentralmedia.com

CANTINFLAS
EN
El Bolero de Raquel
EN ESPAÑOL
with English subtitles
SÁBADO 23 DE SEPT. | SENATE THEATER | $6
EL CINE SE ABRIRÁ A LAS 7 PM MÚSICA DE ÓRGANO 7:30 PM PELÍCULA 8 PM
UNA PARTE DE LAS GANANCIAS BENEFICIARÁ A LA CARPA THEATRE
www.senatetheater.com
PRESENTE CON
CINEMA LAMONT Y
EL CENTRAL
HISPANIC NEWS

De sueño a dueño

Nuestro **Programa para Comprar Casa Propia**[1] puede ayudarte a lograr tu sueño de ser dueño de casa con:

$7,500

Subsidio para los costos de cierre de hasta **$7,500**, como un crédito del prestamista[2].

$10,000

Subsidio para el pago inicial de hasta **$10,000** o 3% del precio de compra, lo que sea menor. Se aplican restricciones de ingresos y disponibilidad de producto[3].

3%

Pago inicial tan bajo como del **3%**. Se aplican límites de ingresos[4].

Para conocer más visita **bankofamerica.com/casapropia**

BANK OF AMERICA

¿Qué quieres lograr?®

Es posible que los materiales relacionados con la cuenta solo estén disponibles en inglés, lo que incluye, entre otros, solicitudes, divulgaciones, contenido en línea y móvil y otras comunicaciones relacionadas con el producto.

Le invitamos a solicitar la oferta. La recepción de este material no significa que usted haya recibido la calificación previa o la aprobación previa para ningún producto o servicio que ofrecemos. Esto no constituye un compromiso de préstamo; debe presentar información adicional para su revisión y aprobación.

[1] **Programa de Pago Inicial y Programa America's Home Grant:** los prestatarios que califican deben cumplir los requisitos para la calificación, como ser propietarios de la vivienda que ocupan y comprar una vivienda dentro de un área geográfica específica. Se aplican límites máximos de ingresos y de monto del préstamo. El préstamo-valor combinado mínimo debe ser igual o superior al 80%. El préstamo para vivienda debe ser financiado por Bank of America. Bank of America puede cambiar o cancelar el Programa de Subsidio de Pago Inicial de Bank of America o el Programa America's Home Grant o cualquier parte de estos sin previo aviso. No está disponible con todos los productos de préstamo, pregunte para conocer detalles.

[2] **Información adicional sobre el Programa America's Home Grant:** el Programa America's Home Grant es un crédito del prestamista. Los fondos del programa se pueden utilizar solamente para costos de cierre no recurrentes, como el seguro de título de propiedad, cargos por registro y en determinadas situaciones, puntos de descuento que pueden usarse para reducir la tasa de interés. El subsidio no se puede aplicar al pago inicial, partidas previamente pagadas o costos recurrentes, como impuestos sobre la propiedad y seguro. Los prestatarios no pueden recibir los fondos del programa como reembolsos de dinero en efectivo.

[3] **Información adicional sobre el Programa de Pago Inicial:** el programa de Pago Inicial está disponible con un producto de hipoteca. Los fondos del programa se pueden aplicar únicamente al pago inicial. Los prestatarios no pueden recibir fondos del programa en forma de reembolso de dinero en efectivo que superen los depósitos realizados por el comprador. Es posible que el Programa de Subsidio de Pago Inicial se considere como ingreso tributable. Se emitirá el formulario 1099-MISC, consulte con su asesor fiscal. Es posible que se combine con otras ofertas. El Programa de Subsidio de Pago Inicial de Bank of America solo se puede solicitar una vez para una hipoteca/propiedad que califica, sin importar el número de solicitantes. Es necesario que asista a un taller para compradores de vivienda.

[4] Se aplican límites máximos de ingresos y de monto del préstamo. Hipotecas con tasa fija (refinanciamiento sin desembolso de dinero en efectivo), únicamente para residencia principal. Ciertos tipos de propiedades no califican. El máximo de la proporción préstamo-valor (loan-to-value, o "LTV") es del 97%, y el máximo de la LTV combinada es del 105%. Para proporciones préstamo-valor mayores al 95%, cualquier financiamiento secundario debe venir de Segundos Programas Comunitarios aprobados. Es posible que tenga que asistir a un taller para compradores de vivienda. Se aplican otras restricciones.

America's Home Grant, Programa para Comprar Casa Propia de Bank of America, Bank of America y el logotipo de Bank of America son marcas comerciales registradas de Bank of America Corporation. Bank of America, N.A., Miembro de FDIC. Igualdad de oportunidades en préstamos para viviendas

© 2023 Bank of America Corporation. El crédito y la garantía están sujetos a aprobación. Se aplican términos y condiciones. Este no es un compromiso de préstamo. Los programas, las tasas, los términos y las condiciones están sujetos a cambios sin previo aviso. MAP5750272 | AD-BAAM0563100

Beyond Fashion: Mexican Indigenous Clothing has become a symbol of Resistance and Identity

Photos by Kopalli Media/Alejandro Ugalde

By Mayte Penman

Wearing Mexican indigenous attire is more than a fashion statement. It is a complex form of expression, and each person has their own journey, rooted in personal experiences. Whether women are first-generation-immigrants, second, or third generation Mexican-American, they are searching for identity, empowerment and cultural preservation. Wearing indigenous clothes is a way to challenge the norms of beauty, identity and find interconnectedness of heritage and self-determination.

Over the last decade, traditional Mexican clothing has become more fashionable as Mexican women are wearing indigenous attire in their daily activities and particularly at special events, and the Latinas in Southwest Detroit are not an exception. This is a dramatic shift from previous generations, which saw the indigenous textiles, dresses and shirts as antiquated and passé.

For some, wearing indigenous clothes may be merely a fashion trend, for others, it may be a way to connect with their country as mestizas—a person of mixed European, black, and indigenous ancestry. And even others may see it as a deeper way to connect with their indigenous roots and deconstruct colonial standards of beauty and culture.

But as the clothes become even more popular, do the people who wear them know what they mean? Do they understand the work that is put into them and the meaning for each indigenous community? The pieces are made by real people, who take time, effort, and personal sacrifice so those who wear them don't lose the opportunity to reconnect with traditions and with each other.

Mexican-Americans who grew up before the 1970s were dissuaded from speaking Spanish or demonstrating their heritage. Families strove to assimilate to white American culture and schools and cultural institutions enforced it by promoting monolingualism. Many Mexican-Americans suffered discrimination, (and continue to do so) particularly when speaking Spanish or wearing traditional outfits.

Guadalupe Lara, also known in the community as Lupe, grew up in San Antonio Texas. She shared that she started using rebozos (shawls) in high school. Her grandmother taught her about the rebozos and the time required to make them.

"We were brainwashed into thinking that as Mexican-Americans, we needed to assimilate," said community leader Guadalupe Lara. "In addition, my mother did not want me to have barriers in my learning process."

For Lara's mother, wearing traditional rebozos was a sign of resistance against U.S. culture and should be avoided.

In college, Lara learned about Frida Kahlo, a celebrated Mexican painter known for her complex self-portraits. She felt inspired by the artist and tried to emulate her. However, she continued to encounter the pressures of assimilation.

"My professor, who was teaching a women's studies class, took me aside and told me, you are a smart woman, and you should not use those clothes, flowers in your hair and hoop earrings, " Lara remembers "Otherwise you will not go that far in life. I got angry and it fueled my desire to use them even more. What I wear should not be a barrier, it was who I was."

"It is hard now to look back and see what the culture of assimilation did to people's identity," Lara said.

As the popularity of Indigenous Mexican clothing rises, so does the ability to purchase it in more places. Seamstresses like Regina Iglesias are fully aware of the processes of producing these traditional garments.

"I am a seamstress, I know how much work it entails and the beauty and talent each artisan pours into it," Iglesias said. "Indigenous artisans use natural fabrics and dyes or colorants using plants and minerals that last for a long time. Some shirts take many weeks or even months to make, depending on the complexity of the design. The price of the garment often does not reflect the labor involved."

Mexican clothing has also been expanding from the original designs. Now, you can wear simple dresses with many artistic designs. Paola Portillo has seen this up close. As a business owner that sells Mexican clothing, textiles and handicrafts, she often travels to Mexico to bring articles for her store located in Detroit's Eastern Market.

"I feel that Mexican clothing has been evolving and has been modernized to satisfy the needs of the younger generations," Portillo said, "it is trendy. People do not have to wear long skirts with their blouses, now they can wear a cute embroidered blouse with jeans, it is more accessible."

The Latinas are becoming more conscious of the diversity of Indigenous people and their creativity and how each design and stitches represents something different for each community. And as part of the process of decolonizing, people are more aware of the importance of respecting indigenous attire and traditions. There is a fine line between reconnecting and appropriation.

Mayté Lomelí Penman is a language justice and community advocate who brings a tremendous network through a mix of education, community, and economic development. A native of Durango, Mexico, Mayté has lived in Michigan for more than 25 years.

Guadalupe G. Lara, LMSW, Credit Union One, Chairwoman, Board of Directors and LA SED Volunteer since 2007, pictured at right, with her friend Gloria Garcia

From left, Regina Iglesias and Lourdes Bazzi

From left, Diana Miranda & Paola Portillo, owners of Viva La Vida Imports @vivalavidaimports

Mayté Penman, center, with Zumba teacher Leticia De La Torre (far right) and Las Chicas de Lety (Zumba Class)

213th anniversary/aniversario of El Grito-Mexico's independence

Con't from pg. 1

"We are very grateful to be a part of this celebration as it strongly supports MexicantownCDC's mission to preserve and protect our Latino cultural heritage for generations to come," said Raymond Lozano, Executive Director of Mexicantown Community Development Corporation.

The festival included the sale of Mexican food and crafts. Elena Guardiola, one of the entrepreneurs who has attended and participated in this celebration for several years, commented that this celebration is essential to her because she is far from her country and misses Mexico and its culture a lot. She said that such events slow down the feeling of longing and allow her to honor the Mexican flag.

Con't de pg. 1

Anteriormente, la verbena de El Grito de Independencia de México se realizaba en la Holy Redeemer, y este es el segundo año en que dicho evento se realiza en la Plaza-Mercado Mexicantown. con apoyo de la Universidad Oakland, de la organización Mexicantown Community Development Corporation, Grupo Ideal, CHASS, Verheyden Inc., Ana Motors, entre otros patrocinadores.

"Estamos muy agradecidos de ser parte de esta celebración, ya que apoya firmemente la misión de Mexicantown CDC de preservar y proteger nuestra herencia cultural latina para las próximas generaciones", expresó Raymond Lozano, Director Ejecutivo de Mexicantown Community Development Corporation.

La venta de antojos mexicanos y de artesanías fueron parte de la verbena. Elena Guardiola, una de las emprendedoras que ha asistido y participado en dicha celebración por varios años, comenta que para ella es muy importante esta celebración porque lamentablemente está muy lejos de su país y extraña mucho México y su cultura, y este tipo de eventos aminora el sentimiento de añoranza y le permite honrar a la bandera mexicana.

Seahawks - 37 Lions - 31

EL CENTRAL
HISPANIC NEWS
SPORTS

Sports Editor: Dan Graschuck/ EL CENTRAL

This past Sunday, the Detroit Lions hosted the Seattle Seahawks, at Ford Field, for their first home game of the 2023 season.

In front of 66,434 fans, which packed Ford Field (for the first time in Ford Field history), the Detroit Lions lost a very close game, in overtime, to the Seahawks, 31-37.

Jared Goff threw hist first interception of the season, during the game.

The Detroit Lions (1-1) host the Atlanta Falcons (2-0), this Sunday, September 24th, at 1:00 pm (FOX).

The Detroit Lions then travel to Lambeau Field, to take on the Green Bay Packers, on Thursday, September 28th at 8:15 pm (Prime Video).

The Detroit Lions return back to Ford Field, on Sunday, October 8th, to host the Carolina Panthers at 1:00 pm (FOX), before going on a 2 game road trip, to take on the Tampa Bay Buccaneers on Sunday, October 15th at 1:00 pm (FOX), then travel to the Baltimore Ravens on Sunday, October 22nd at 1:00 pm (FOX), then returning back to Ford Field on Monday, October 30th, to host the Las Vegas Raiders at 8:15 pm (ESPN).

Photos below are highlights from the Lions vs. Seahawks

Photos by Mike Alberts/ EL CENTRAL and Adam J. Dewey

Hall of Famer Barry Sanders (L) talks with his former Detroit Lions head coach Wayne Fontes

Detroit Lions WR #8 Josh Reynolds scoring a TD, as Seahawks LCB #22 Tre Brown attempts to make a stop. Reynolds had 5 receptions for 66 yards with 2 TDs

Detroit Lions LB #34 Alex Anzalone stopping Seahawks RB #9 Kenneth Walker III (former Michigan State Spartan) before the goal line. Walker had 17 carries for 43 yards with 2 TDs and 1 reception for 11 yards

Seahawks WR #16 Tyler Lockett making an incredible catch in the 4th quarter to put the Seahawks up 24-21

Seahawks WR #16 Tyler Lockett scoring the game winning TD, in overtime. Lockett had 8 receptions for 59 yards with 2 TDs

Detroit Lions rookie RB #28 Jahmyr Gibbs making a catch against the Seahawks. Gibbs had 7 carries for 17 yards and 7 receptions for 39 yards

ROASTED IN THE DESERT

EL CENTRAL HISPANIC NEWS
Pateando la No. 5
SPORTS

David Levine
EL CENTRAL

Every now and then a team plays a game they would just as soon forget. Detroit City FC will want to put their performance in Phoenix last weekend as far into the rearview mirror as possible. Ryan Shellow delivered a superb performance at home against Miami, filling in for an unwell Nate Steinwascher. Trevor James called upon him again for the team's first trip to Arizona for a league match. While the team had rallied around the reserve goalkeeper at home, they let him down severely on the road.

It looked as though the teams would head into halftime 0-0, but as they went into stoppage time captain Stephen Carroll coughed up the ball in his own penalty area. The Rising quickly capitalized on the devastating error, setting the tone for the second half. After the break, they tore DCFC apart. The bloodbath finished 5-0. Shellow couldn't make the big saves and given the way Phoenix scored, he could hardly have been expected to bail out a porous and inattentive defense.

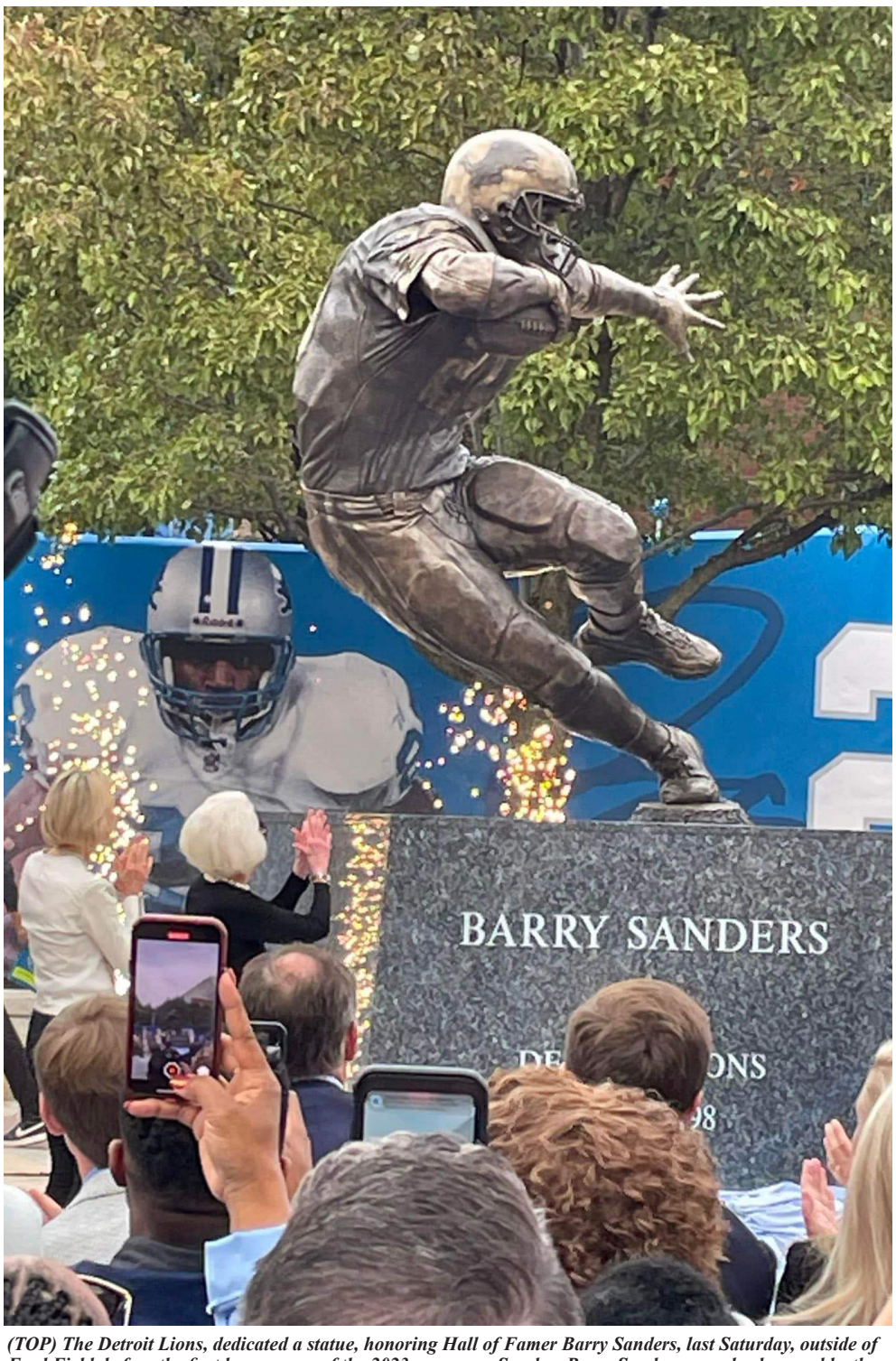
While the defense had its issues, the attack generated nothing. They managed one weak shot on goal from Abdoulaye Diop in the second half on his weaker left foot. Neither of the two measly corner kicks provided any danger. Phoenix had come into the game with the same three wins and a draw in four games as DCFC and left the game still hot and looking to be in the top half of the Western Conference.

FC Tulsa took full advantage of the disastrous performance. They leagfrogged DCFC into the last playoff spot by winning in Oakland. City still has a game in hand on Tulsa, but they won't want to throw away points so easily with just five games remaining. The Birmingham Legion did both Tulsa and DCFC a favor by losing to Rio Grande Valley, keeping City just five points adrift of the seventh spot. This race will go down the last couple of games.

On Saturday, Detroit City will host Hartford Athletic at Keyworth. Antoine Hoppenot returns for the first time since his superb 2022 season here. This time, he comes with the worst team in the league. Hartford has already been eliminated from playoff contention, has lost five in a row, and has nothing to play for. Le Rouge must respond after last weekend's meltdown. They have to win this game, especially after winning the reverse fixture comfortably behind a Ben Morris brace.

There will be a short turnaround after the Hartford game as the Colorado Springs Switchbacks come in for a midweek game on September 27. That will be the game in hand City has on Tulsa. From there on it's a straight fight. City needs to win the next two and see how the weekend shakes out. Having Steinwascher return to his normal spot would be a boost. They also have to get back to the good play that saw them run off three wins and a draw prior to the debacle in the desert.

Football Weekend Recap !!!



(TOP) The Detroit Lions, dedicated a statue, honoring Hall of Famer Barry Sanders, last Saturday, outside of Ford Field, before the first home game of the 2023 season on Sunday. Barry Sanders was also honored by the Lions on Sunday. In the photo, to the left of the statute are; Sheila Ford Hamp (in white shirt, owner of the Detroit Lions) and Martha Firestone Ford (in black shirt, former Detroit Lions owner) applaud unveiling of the statue

The University of Michigan Wolverines QB #9 J. J. McCarthy tries to escape the Bowling Green defense. McCarthy was 8 for 13 for 143 yards, 2 TDs, and 3 INTs. The Wolverines were able to remain undefeated and stay #2 defeating Bowling Green 31-6. The Wolverines (3-0) host Rutgers Scarlet Knight (3-0), at the Big House, this Saturday, September 23rd at 12:00 pm (Big Ten Network). This will also be the first game that head coach Jim Harbaugh will return to the sideline after being suspended for 3 games by the University of Michigan Athletics Department. Photo by Suzie C. Baker

(RIGHT) Michigan State Spartans have started the termination process for currently suspended head coach Mel Tucker. Last Saturday, the Spartans (2-1) hosted #8 Washington Huskies (3-0), at Spartan stadium, but could not take down the Huskies and lost 7-41. The Spartans host the Maryland Terrapins, this Saturday, September 23rd at 3:30 pm (NBC). Harlon Barnett is the current acting head coach and Mark Dantonio (former Michigan State Spartan head coach) as his advisor

EDITORIAL OPINION

A prepararse para un inminente cierre del gobierno federal

Por José López Zamorano
Para La Red Hispana

Por enésima ocasión somos testigos de primera fila al bochornoso espectáculo de la disfuncionalidad política en Washington.

A cinco para las 12 del plazo para aprobar el presupuesto del año fiscal 2024, las diferencias en las filas de los republicanos de la Cámara de Representantes han puesto al país al borde de un nuevo cierre.

Las divisiones son tan profundas que no fueron capaces de consensuar siquiera una resolución temporal para aplazar el plazo presupuestal.

Se trató de un nuevo revés político contra el presidente de la Cámara de Representantes Kevin McCarty, quien no puede controlar a los miembros más extremistas de su bancada.

Pero aún si los republicanos hubieran contado con los votos para aprobar la resolución, hubiera sido vetada por los demócratas del Senado o por la Casa Blanca, debido a la inclusión de cláusulas anti migratorias.

El plan republicano incluye la mayor parte de las provisiones de Ley de Seguridad de la Frontera (HR2) que reanudaría la construcción del muro, endurecería los estándares de asilo, penalizaría las estancias vencidas de visas y aumentaría el número de agentes de la Patrulla Fronteriza, entre otras acciones.

Debido a que en un acuerdo presupuestal está fuera del alcance, todo parece indicar que una de las pocas opciones es pasar una resolución que mantenga el gasto público al mismo nivel que en 2022, sin condicionamientos.

Apenas en mayo pasado, para evitar una crisis de la deuda nacional, McCarthy ignoró a su ala más radical, que deseaba recortes profundos a programas sociales necesarios para los más vulnerables, mientras que el presidente Biden ignoró las exigencias de su bancada más progresista que rechazaba la

postura de los republicanos de condicionar el gasto discrecional.

Pero las cosas han cambiado. McCarthy tiene menos margen de maniobra pues opera al filo de la guillotina política.

Se necesita forjar una nueva coalición entre moderados de ambos partidos y sacar adelante un acuerdo que permita mantener abierto al gobierno federal y sus tareas prioritarias, sin dejarse manipular por las posiciones ideológicas extremas del ala más conservadora de los republicanos.

Lamentablemente Washington ha cultivado una perversa costumbre política de colocar la operación del gobierno al borde de un precipicio. Ocurrió con el techo de la deuda este año, y en casi todos los anteriores en las últimas dos décadas con el presupuesto. Es hora de que los votantes emitan un voto de castigo contra los políticos que anteponen sus intereses políticos o ideológicos antes que el interés de la nación y sus habitantes.

Opinions in this column are not necessarily those of the Publisher or Editor

Do you have a contrary opinion? Write us at info@elcentralmedia.com

Service Directory / Directorio de Servicios

Churches Directory

Holy Redeemer
313-842-3450
1721 Junction,
Detroit, MI 48209
Misa:
Lunes Viernes: 6:00pm
Domingo: 10:00am, 12:00pm, 6:00pm

First Latin American Baptist Church
313-461-3669
2004 Scotten St.
Detroit, MI

Most Holy Trinity
313-965-4450
1050 Porter St.
Detroit, MI 48226
Misa: Dom 9am

St. Gabriel's
313-841-0753
8118 W. Vernor Hwy
Detroit, MI 48209
Misa: Dom 9:30am, 12:00pm, 7:00pm
Lunes: 6:00pm
Martes: 6:00pm
Miércoles: 9:00am

St. Francis D'Assisi - St. Hedwigs Parish
313-894-5409
3245 Junction
Detroit, Mi 48209
Domingo: 12:00pm
Miércoles: 7:00pm
Jueves: 7:00pm

Ste. Annes Parish
313-496-1701
1000 St. Anne St.
Detroit, MI 48216
Misa: Dom 10am

SONNENBERG
*HARDWARE & LUMBER
*DRYWALL *ELECTRIC
* PLUMBING
*WINDOW & SCREEN REPAIR
*FURNACE & FURNACE PARTS
2302 JUNCTION - DETROIT
(313) 554-4367
Hablamos Español

JUNCTION PARTY STORE
HOME OF THE COLDEST BEER IN THE SOUTHWEST
SIGUE ~ RIA
CERVEZA ~ TORTILLAS
SUAVITEL ~ PINALEN
313.262.6957
3260 Junction, Detroit MI 48210
Specials Every Weekend
Especiales Cada fin de semana

Conklin Creative
Celebrating arts and culture thourgh print, performance and cooperative play.
313•680•9006
ConklinCreative@mac.com

MATRIX THEATRE COMPANY
Acting, Puppetry & Playwriting Classes
Ages 5-18
313.967.0999
2730 Bagley Street
Detroit, MI 48216
Fax: 313.961-1016
matrixtheatre.org

AZTECA YOUTH ENRICHMENT, INC.
"AN ALL VOLUNTEER ORGANIZATION"
A Michigan Non-profit Corporation
& IRS 501 (c)(3) Tax-Exempt Organization
Azteca Boxing Team
195 W. Montcalm - Pontiac, MI 48342
Phone/Fax: (248) 332-6514
Robert K. Paramo, Director

Visit Us Online
elcentralmedia.com
facebook.com/elcentralmedia
instagram.com/elcentralmedia
EL CENTRAL HISPANIC NEWS

Diles que lo Viste en *EL CENTRAL*
Tell them you saw it in *EL CENTRAL*

FORD MOTOR COMPANY FUND
LinkedIn Night AT THE FREC

Learn how to "Rock Your Profile" through empowering workshops with LinkedIn and SER Metro Detroit. Resume critiques, employment training, and refreshments will be provided.

TUESDAY
OCTOBER 3, 2023
Time:
5:30 – 8:00 PM

Location:
Ford Resource and Engagement Center East
15491 Maddelein St. Detroit 48205

RSVP by September 29 to:
gconerway@gcfb.org

The first 20 registrations will receive a free headshot.

SER METRO-DETROIT
JOBS FOR PROGRESS, INC.

OFFICE#: 313.733.1240
WWW.FORDFUND.ORG/FRECEAST

Classifieds / Clasificados

Place your Classified ad in Michigan's Largest, Oldest, and Only Weekly Bilingual Hispanic Newspaper, **EL CENTRAL !!!**

Case Manager Supervisor Vacancy

U.S. District Court, Eastern District of Michigan – Case Manager Supervisor Vacancy Announcement at http://www.mied.uscourts.gov. Be a part of a great team located in Detroit, the employee supervises case managers, gathers and reports statistical data and backs up other supervisors in the Operations Department. Professional and friendly work environment, great benefits and close to the downtown amenities. EOE

Inspiring Quote of the Week !!!

"One sees great things from the valley; only small things from the peak."

- G.K. Chesterton

Now Hiring Skilled R&R Mechanics

Busy Detroit transmission repair facility needs service technicians. We are **looking for skilled R&R mechanics but we are willing to train in that area if you do not have transmission repair skills.**
Contact (313) 835-7894 or email abtrans@sbcglobal.net for more information

WWW.TRENDMILLWORK.COM

TREND MILLWORK

60 years as a Downriver union manufacturer, we are
SEEKING COMMERCIAL-GRADE CABINETMAKERS & FIELD CARPENTERS.

Email DaveM@trendmillwork.com
or visit the shop at 1300 Papalas Drive in Lincoln Park.

Advertise with us!

Call:
Dolores
1-313-841-0100
or email us at:
elcentralads@aol.com

Visit Us Online

elcentralmedia.com

facebook.com/elcentralmedia

instagram.com/elcentralmedia

- ✓ Subscribe to the EL CENTRAL newsletter
- ✓ View 'between-issue' updates
- ✓ View current issues
- ✓ View past issues
- ✓ View feature articles
- ✓ Leave comments

EL CENTRAL
HISPANIC NEWS

GET A CAREER THAT PUTS YOU IN THE DRIVER'S SEAT
Join our growing roster of Checker Cab drivers and see how you can build your own career--or your own business--out of driving for a living. Think you got what it takes to drive for us? Pull up our career page to find out.
gochecker.cab/careers
313-963-5005 ext. 115
CHECKER RIDE LOCAL

Diles que lo Viste en *EL CENTRAL*

Tell them you saw it in *EL CENTRAL*

Clark Park COALITION DETROIT

IT'S A PARTY!

SATURDAY, SEPTEMBER 23RD
2-5PM
CLARK PARK
1130 CLARK STREET

Join us to celebrate the latest renovations to Clark Park. Enjoy the new accessible playground, splash pad, fitness equipment, and futsal, pickleball, tennis, and basketball courts. Take a specially guided tour to learn about all the new features that have been added to our beautiful neighborhood park in Southwest Detroit.

FOOD – MUSIC - OUTDOOR GAMES - SPECIAL TOURS

Special thanks to those responsible for making this happen including, the City of Detroit, Invest Detroit, the City of Detroit Strategic Neighborhood Fund contributors, Rocket Fund, the Windsor Detroit Bridge Authority, and the Kresge Foundation,
WE HOPE TO SEE YOU THERE!

Questions? Call (313)841-8534

HOW TO PROTECT YOURSELF AGAINST UTILITY SCAMS
01 DON'T OPEN THE DOOR
No matter what the person might say, DO NOT let the person into your home.
02 ASK ABOUT THEIR VISIT
Did they identify themselves and their purpose when you asked?
03 NOTE THEIR VEHICLE
Does the vehicle have company logo decals or magnets?
04 OBSERVE THEIR UNIFORM
Are they wearing a company uniform with matching logos?
05 IDENTIFICATION BADGE
Ask for their ID badge. Does the logo match their vehicle and clothing?
MY NAME IS
06 IF IT STILL FEELS WRONG
CALL the police to come verify their employment. File a complaint with the Attorney General's Consumer Protection Division at www.michigan.gov/ag or call the Federal Trade Commission at 877-382-4357.
911
MPSC
PO Box 30221 Lansing, MI 48909
800.292.9555 michigan.gov/mpsc
May 2021

Salud/*Health*

This Fall, Older Adults Should Protect Their Health

(StatePoint) With cold and flu season upon us, it's time to protect yourself, not only from those seasonal threats, but also from other health risks.

"During the holidays, our lives get very busy with family and friends," said Dr. J.B. Sobel, chief medical officer for Cigna Healthcare's Medicare business. "Before then, please take time to ensure you get the preventive care you need to stay healthy."

Preventive care is critical for everybody, but particularly for older adults, and especially in fall when risks can increase, Sobel said. Recommendations vary based on age, gender and health status, but the following are some of the most common for seniors, according to Sobel.

Vaccinations

There are a number of vaccines older adults need to consider to protect themselves. Flu and pneumonia, for example, are among some of the most common causes of senior deaths. There is no "one-size-fits-all" approach to vaccination. Timing and frequency vary, depending on your health history. Ask your health care provider which vaccines are appropriate for you.

• Flu. This vaccine is administered annually, generally before the end of October, and is designed to match the latest circulating flu strains.

• Pneumonia. Administration varies based on health history. If you're 65 or older and you've never had the vaccine before, then you'll likely need two shots, which are administered a year apart.

• Shingles. The Centers for Disease Control and Prevention (CDC) recommends two doses of the shingles vaccine for healthy adults aged 50 and older, spaced two to six months apart, to prevent shingles and related complications.

• COVID-19. Ask your doctors about current recommendations for prevention of COVID-19 infections.

• RSV. Earlier this year, the Federal Drug Administration approved two separate vaccines to address respiratory syncytial virus (RSV) in older adults. RSV, a common respiratory infection, usually causes mild, cold-like symptoms, but can be more severe in older adults and children. Talk to your doctor about whether you should get an RSV vaccine.

Health Screenings

The following health screenings are commonly recommended for older adults.

• Mammogram. Breast cancer is the second leading cause of cancer death in women in the United States, according to the CDC. Every woman is at risk, and risk increases with age. Fortunately, breast cancer can often be treated successfully when found early. The U.S. Preventive Services Task Force (USPSTF) recommends women 50 to 74-years-old

at average risk get a mammogram every two years.

• Colorectal screening. Colorectal cancer risk increases with age. Screenings can find precancerous polyps early, so they can be removed before they turn into cancer. The USPSTF recommends colorectal cancer screening for adults age 45 to 75. Though colonoscopy is the most comprehensive test, there are other options you may consider with the help of your provider.

• Bone density scan. USPSTF recommends women aged 65 and older, and women 60 and older at increased risk, be routinely screened for osteoporosis, a disease in which bones become weak and brittle. Screening may facilitate treatment that helps prevent fractures.

• Eye exam. Routine eye exams can identify early signs of eye disease that are more likely as people age. People with diabetes in particular are prone to retinopathy, which leads to vision loss. It's recommended that people with diabetes have annual retinal screenings.

• Mental health checkup. Many people experience seasonal depression during fall. Mental health is strongly linked to physical health. Talk to your health care provider about both, including your personal and family history. They can connect you with additional mental health resources.

To prevent unpleasant surprises, Sobel suggests talking with your health care provider, pharmacist or insurer about preventive care costs. Fortunately, costs are often covered fully by Medicare or Medicare Advantage, he said.

The information contained in this article is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen.

Este otoño, los adultos mayores deben proteger su salud

(StatePoint) Ahora que se acerca la temporada de resfriados y gripe, es hora de protegerse, no solo de esas amenazas estacionales, sino también de otros riesgos para la salud.

"Durante las vacaciones, nuestras vidas se vuelven muy ocupadas con familiares y amigos", dijo el Dr. J.B. Sobel, director médico del negocio Medicare de Cigna Healthcare. "Antes de eso, tómese el tiempo para asegurarse de recibir la atención preventiva que necesita para mantenerse saludable".

La atención preventiva es fundamental para todos, pero particularmente para los adultos mayores, y especialmente en otoño, cuando los riesgos pueden aumentar, dijo Sobel. Las recomendaciones varían según la edad, el sexo y el estado de salud, pero las siguientes son algunas de las más comunes para las personas mayores, según Sobel.

Vacunas

Hay una serie de vacunas que los adultos mayores deben considerar para protegerse. La gripe y la neumonía, por ejemplo, se encuentran entre algunas de las causas más comunes de muerte de personas mayores. No existe un enfoque único para la vacunación. El momento y la frecuencia varían según su historial médico. Pregúntele a su proveedor de atención médica qué vacunas son apropiadas para usted.

• Gripe. Esta vacuna se administra anualmente, generalmente antes de finales de octubre, y está diseñada para coincidir con las últimas cepas de gripe en circulación.

• Neumonía. La administración varía según el historial médico. Si tiene 65 años o más y nunca antes se ha vacunado, es probable que necesite dos inyecciones, que se administran con un año de diferencia.

• Herpes zóster. Los Centros para el Control y la Prevención de Enfermedades (CDC) recomiendan dos dosis de la vacuna contra el herpes zóster para adultos sanos de 50 años o más, con un intervalo de dos a seis meses, para prevenir el herpes zóster y sus complicaciones relacionadas.

• COVID-19. Pregunte a sus médicos sobre las recomendaciones actuales para la prevención de infecciones por COVID-19.

• VRS. A principios de este año, la Administración Federal de Medicamentos aprobó dos vacunas distintas para abordar el virus respiratorio sincitial (VRS) en adultos mayores. El VSR, una infección respiratoria común, generalmente causa síntomas leves parecidos a los de un resfriado, pero puede ser más grave en adultos mayores y niños. Hable con su médico sobre si debe recibir la vacuna contra el VRS.

Exámenes de salud

Los siguientes exámenes de salud se recomiendan comúnmente para los adultos mayores.

• Mamografía. El cáncer de mama es la segunda causa principal de muerte por cáncer en mujeres en los Estados Unidos, según los CDC. Toda mujer está en riesgo y el riesgo aumenta con la edad. Afortunadamente, el cáncer de mama a menudo puede tratarse con éxito cuando se detecta a tiempo. El Grupo de Trabajo de Servicios Preventivos de EE. UU. (USPSTF) recomienda que las mujeres de 50 a 74 años con riesgo promedio se hagan una mamografía cada dos años.

• Detección colorrectal. El riesgo de cáncer colorrectal aumenta con la edad. Los exámenes de detección pueden detectar pólipos precancerosos de manera temprana, de modo que puedan extirparse antes de que se conviertan en cáncer. El USPSTF recomienda la detección del cáncer colorrectal en adultos de 45 a 75 años. Aunque la colonoscopia es la prueba más completa, existen otras opciones que puede considerar con la ayuda de su proveedor.

• Exploración de densidad ósea. USPSTF recomienda que las mujeres de 65 años o más, y las mujeres de 60 años o más con mayor riesgo, se hagan pruebas de detección de osteoporosis de forma rutinaria, una enfermedad en la que los huesos se vuelven débiles y quebradizos. La detección puede facilitar el tratamiento que ayuda a prevenir fracturas.

• Examen de la vista. Los exámenes oculares de rutina pueden identificar signos tempranos de enfermedades oculares que son más probables a medida que las personas envejecen. Las personas con diabetes en particular son propensas a sufrir retinopatía, lo que provoca pérdida de visión. Se recomienda que las personas con diabetes se realicen exámenes de retina anuales.

• Chequeo de salud mental. Muchas personas experimentan depresión estacional durante el otoño. La salud mental está fuertemente ligada a la salud física. Hable con su proveedor de atención médica sobre ambos, incluidos sus antecedentes personales y familiares. Pueden conectarlo con recursos adicionales de salud mental.

Para evitar sorpresas desagradables, Sobel sugiere hablar con su proveedor de atención médica, farmacéutico o asegurador sobre los costos de la atención preventiva. Afortunadamente, los costos suelen estar totalmente cubiertos por Medicare o Medicare Advantage, dijo.

La información contenida en este artículo no pretende sustituir el asesoramiento, diagnóstico o tratamiento médico profesional. Siempre busque el consejo de su médico u otro proveedor de atención médica calificado si tiene alguna pregunta sobre una afección o tratamiento médico y antes de emprender un nuevo régimen de atención médica.

Disfruto ayudar a la gente a lograr sus metas.

Denis A.
Banquera sénior

Mount Kisco, NY

En todo el país, los compañeros de Bank of America como Denis desarrollan relaciones personales con sus clientes. Ver a la gente triunfar en su comunidad es su mayor motivación. Conozca más en bofa.com/about (solo se ofrece en inglés).

BANK OF AMERICA

¿Qué quiere lograr?®

Bank of America, N.A. Miembro de FDIC. Igualdad de oportunidades de crédito. © 2023 Bank of America Corporation. Todos los derechos reservados.

WAYNE STATE UNIVERSITY

CENTER FOR LATINO/A and LATIN AMERICAN STUDIES

52nd Anniversary Dinner & Celebración

September 22, 2023

The Center for Latino/a and Latin American Studies would like to thank its many generous dinner event sponsors and donors.

MAJOR SPONSORS

LATINO/A STUDIES STUDENT CHAMPIONS

WAYNE STATE UNIVERSITY
Academic Student Affairs and Global Engagement

Blue Cross Blue Shield Blue Care Network of Michigan

IDEAL CONTRACTING

LATINO/A STUDIES STUDENT BENEFACTORS

Michigan First CREDIT UNION

MGM GRAND DETROIT
TOUCHING COMMUNITIES. TOUCHING LIVES.™

Kirk in the Hills

DTE Foundation

SER METRO-DETROIT
JOBS FOR PROGRESS, INC.

CHASS
Community Health And Social Services Center

Ford

MCA Detroit
Mechanical Contractors Association of Detroit

MANA
A National Latina Organization
Mana de Metro Detroit

ComericA Bank

SPECIAL THANKS

EL KIOSKO

EL CENTRAL
HISPANIC NEWS

CENTER FOR LATINO/A & LATIN AMERICAN STUDIES
1971 52nd Anniversary 2023